Chicken Curry

Ingredients

2 tbsp. sunflower oil
1 onion
2 garlic cloves
Thumb-sized piece of ginger
6 chicken thighs, boneless and skinless or
4 chicken breasts
3 tbsp medium spice paste (e.g. tikka)
400g can chopped tomatoes
100g full fat Greek yoghurt
1 small bunch chopped coriander leaves
50g ground almonds (provided no-one in
your household is allergic to nuts)

Basmati rice, naan breads, chutneys, salad
to serve.

Equipment

1 x frying pan
1 x wooden spoon
1 x chopping board
1 x sharp knife
1 x small plate
1 x grater
1 x measuring jug
1 x tablespoon
Weighing scales
Tin opener

Method

Mise en place (Setting Up)

Wash your hands and put an apron on. Tie back hair. Collect all ingredients and equipment.

1. Use the bridge and claw technique to finely chop your onion. Chop the skin from your ginger and grate. Peel and crush your garlic. Chop your coriander.

2. Chop your chicken into evenly-sized chunks. Avoid cross-contamination by not touching anything else and by washing your hands as soon as this is done.

3. Heat the oil for no longer than one minute in a large frying pan over a medium heat. Add the onion and a generous pinch of salt and fry for 8-10 minutes, or until the onion has turned golden brown and sticky. Add the garlic and ginger, cooking for a further minute. You must keep everything moving in the pan at this point to avoid it burning.

4. Add the chicken to the pan and fry for 5 minutes. It must be white all over. Stir through the spice paste and tomatoes, along with 250ml water. Take care when adding liquid to a hot pan.

5. Bring to the boil, lower temperature to a simmer and cook on a gentle heat uncovered for 25-30 minutes or until rich and slightly reduced (this means the sauce will be thick and glossy).

6. Stir though the yogurt, coriander and ground almonds, season with salt and pepper and serve with accompaniments of your choice

How to prepare an onion

Extension Activities

Try making your own naan bread or side dish using potatoes or salad.